

# Adult-Teen Classes

## AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course using variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation (equipment is available for purchase from instructor). No class May 31.

City Gym Pool	Lowry, Dawnnette				
4314.201	14yrs to Adult	3/29-6/07	8:15am-9:25am	M	\$86
4314.202	14yrs to Adult	3/31-6/09	8:15am-9:25am	W	\$95
4314.203	14yrs to Adult	4/02-6/11	6:45am-8:00am	F	\$95

## AQUATIC EXERCISE: AQUA AEROBICS

The fitness class for everyone. Promotes strength and cardiovascular endurance while utilizing the added resistance of water. Water workouts can burn twice the calories as land workouts! Enjoy the outdoors in a comfortably heated 82 degree pool. No swimming ability required. Classes held at HB High School Outdoor Pool.

Huntington High	Pointer, Kelly				
4309.201	12yrs to Adult	3/30-6/08	6:30pm-7:30pm	Tu	\$83
4309.202	12yrs to Adult	4/01-6/10	6:30pm-7:30pm	Th	\$83
4309.203	12yrs to Adult	3/30-6/10	6:30pm-7:30pm	Tu Th	\$150

## AQUATIC EXERCISE: AQUA-EVENING AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance, using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary.

City Gym Pool	Lowry, Dawnnette				
4311.201	14yrs to Adult	4/02-6/11	5:30pm-6:30pm	F	\$78

## AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class May 29, May 31.

City Gym Pool	Lowry, Dawnnette				
4312.201	14yrs to Adult	3/29-6/09	7:00am-8:00am	M W	\$148
4312.202	14yrs to Adult	3/30-6/10	7:00am-8:00am	Tu Th	\$155
4312.203	14yrs to Adult	3/30-6/10	8:20am-9:20am	Tu Th	\$155
4312.204	14yrs to Adult	3/29-6/07	7:00am-8:00am	M	\$71
4312.205	14yrs to Adult	3/31-6/09	7:00am-8:00am	W	\$78
4312.206	14yrs to Adult	4/02-6/11	8:20am-9:20am	F	\$78
4312.207	14yrs to Adult	4/10-6/12	7:00am-8:00am	Sa	\$70

## AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class May 31.

City Gym Pool	Zschach, Alicia				
4310.201	12yrs to Adult	3/29-6/07	5:30pm-6:30pm	M	\$79
4310.202	12yrs to Adult	3/31-6/09	5:30pm-6:30pm	W	\$86
4310.203	12yrs to Adult	3/29-6/09	5:30pm-6:30pm	M W	\$165

## AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

City Gym Pool	Thurn, Debra				
4313.201	Adult	4/02-6/11	11:15am-12:15pm	F	\$76

## AQUATIC THERAPY: AQUA ACTIVE

Water Exercise program for those with Arthritis to assist in relieving strain on muscles and joints. Participants are given the opportunity to do gentle activities in warm water with the guidance of a trained instructor. Swimming skills are not required. No class May 31.

City Gym Pool	Thurn, Debra				
4315.201	Adult	3/29-5/07	12:15pm-1:15pm	M W F	\$123
4315.202	Adult	5/10-6/11	12:15pm-1:15pm	M W F	\$97
4315.203	Adult	3/30-5/06	12:30pm-1:30pm	Tu Th	\$84
4315.204	Adult	5/11-6/10	12:30pm-1:30pm	Tu Th	\$65

## AQUATIC THERAPY: AQUATHERAPY

Aquatic therapy is designed for those with physical therapy needs. This class is taught by a licensed physical therapy assistant and is not to replace your regular therapy. Performed in the deep end to meet your rehab needs. Floatation belts are required and are available for purchase from the instructor. No class May 31.

City Gym Pool	Thurn, Debra				
4316.201	Adult	3/29-5/07	1:15pm-2:00pm	M W F	\$141
4316.202	Adult	5/10-6/11	1:15pm-2:00pm	M W F	\$111

## ART ACRYLIC PAINTING – THE BASICS I AND II

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Art Center Multipurpose	Francesco, Anna Marie				
4301.202	Adult	4/15-6/03	4:30pm-6:00pm	Th	\$90

## ART OF RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. Material fee of \$11 is due at first class.

Rogers Senior Center Hall E	Husting, Margaret				
4396.201	Adult	3/31-6/09	9:00am-10:00am	W	\$77

## ART: ACRYLIC PAINTING – THE BASICS

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Art Center Studio	Francesco, Anna Marie				
4300.201	Adult	4/17-6/05	2:30pm-4:30pm	Sa	\$90

## ART: BEGINNING/INTERMEDIATE WATERCOLOR

For beginning to advanced watercolorists who wish to create watercolor paintings. Class focuses on skills and techniques at all levels. Students will use professional watercolors. This class is so popular we offer it on two different days - pick the one that works for you. Materials list.

Art Center Studio	LoSchiavo, Diana				
4308.201	Adult	4/13-6/01	10:00am-1:00pm	Tu	\$105
4308.202	Adult	4/16-6/04	12:00pm-3:00pm	F	\$105

# Adult-Teen Classes

## ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided.

Rogers Senior Center Hall D Wong, Diana

4322.201	Adult	4/02-4/30	1:30pm-3:30pm	F	\$55
4322.202	Adult	5/07-5/28	1:30pm-3:30pm	F	\$45

## ART: DIGITAL PHOTOGRAPHY BEGINNING

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills. Students work at their own individual levels. Using the digital camera of their choice, students will explore lighting, color, texture, composition, and other subject matter to achieve a solid grounding in both technical and creative photographic processes.

Art Center Multipurpose Weston, Kurt

4304.201	16yrs to Adult	4/02-5/07	3:30pm-5:30pm	F	\$85
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## ART: DIGITAL PHOTOGRAPHY INTERMEDIATE

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Art Center Multipurpose Weston, Kurt

4305.202	16yrs to Adult	4/02-5/07	1:30pm-3:30pm	F	\$85
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## ART: DRAWING & PAINTING

Maximize your time! This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Art Center Studio Kent, Pati

4302.201	12yrs to Adult	4/13-5/18	6:00pm-7:30pm	Tu	\$85
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## ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. Material fee of \$11 due at first class.

Murphy Community Center Hall C&D Husting, Margaret

4395.200	13yrs to Adult	4/01-6/10	1:00pm-2:00pm	Th	\$77
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## ART: SCULPTURE PART 1

Students will be introduced to three dimensional design using recycled materials, found objects and mold casting. Students should be mature enough to handle hot glue guns, possibly nail and or epoxy glues, and x-acto blades. Students should bring one wooden panel to the first class.

Art Center Multipurpose Jacka, Robert

4307.201	13yrs to Adult	4/17-6/05	2:30pm-4:00pm	Sa	\$90
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## BEACH TENNIS CLINICS

Hottest new sport on the beach! It is fun, stimulating and very easy to learn! This sport is four times easier to learn than tennis or volleyball. You will learn basic fundamentals, fun drills and match play! Very little tennis skills required. All levels are welcome. Beach tennis can be seen on the tennis channel. Class is taught at the beach courts north of the pier.

Beach Service Center Beach Tennis, West Coast

4443.201	Adult	4/07-4/27	5:30pm-7:00pm	W	\$95
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No class May 31

## BEACH VOLLEYBALL ADULT ACADEMY

This adult program focuses on fundamental skills and strategies of the game. Beginner and intermediate players will be taught by our experienced beach volleyball coaches. Sessions will be structured around progression from skill development drills, to applying the skill in a game setting and moving to game situations where skills can be applied. Class is taught at the beach courts north of the pier.

Beach Service Center California, Beach Volleyball

4438.202	Adult	4/13-6/15	5:20pm-6:35pm	Tu	\$150
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## BEACH VOLLEYBALL GIRLS ACADEMY

Youth Academy Program involves high quality training, focused on preparing athletes for age group beach volleyball tournaments. Training focuses on mastering fundamentals/strategies of the game. To ensure quality training, numbers are limited. Athletes are encouraged to participate in the summer beach volleyball events. Class is taught at beach courts north of the pier.

Beach Service Center California, Beach Volleyball

4444.201	15yrs to 18yrs	4/13-6/15	4:00pm-5:15pm	Tu	\$150
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## BEACH VOLLEYBALL SAND CONDITIONING

This is a sand based fitness program, beneficial to anyone who wanting an intense, uniquely different workout. The program is based around movements specific to beach volleyball. Many of the stations replicate movement patterns, that benefit all athletes. Workout consists of stations of activity and rest. Class is taught at beach courts north of the pier.

Beach Service Center California, Beach Volleyball

4442.201	Adult	4/13-6/15	6:45pm-7:30pm	Tu	\$60
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## BRIDGE, BEGINNING

American standard bridge will be taught. Five card major. Rules by Goren. Class consists of lecture, discussion and play. This class is for adults who are new to bridge or who wish a review. You do not need a partner. Party bridge is fun!

Rogers Senior Center Hall E Spira, Rita

4318.201	Adult	3/29-5/17	2:00pm-4:00pm	M	\$54
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## BRIDGE, INTERMEDIATE 1

This class is for those who are more than beginners but less than experts. You will learn new conventions and review old ones. There will be a lecture, discussion and play. No partner needed. Come have fun!

Rogers Senior Center Hall E Spira, Rita

4319.201	Adult	3/30-5/18	2:30pm-4:30pm	Tu	\$54
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4319.202	Adult	3/30-5/18	6:30pm-8:30pm	Tu	\$54
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## BRIDGE, INTERMEDIATE 2

In order to take this class you must have taken Intermediate 1. This is a faster paced class with pre-set hands. Improve your bidding and defensive play. No partner required. Have fun while improving your game.

Rogers Senior Center Hall E Spira, Rita

4320.201	Adult	3/31-5/19	6:30pm-8:30pm	W	\$54
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## Parks & Recreation Programs

Cultivate friendships...  
...the benefits are endless

# Adult-Teen Classes

## CAKE DECORATING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra.

Murdy Community Center Hall C

Mejia, Helen

### COURSE I

4321.200	12yrs to Adult	3/30-4/20	6:00pm-8:00pm	Tu	\$50
4321.201	12yrs to Adult	4/27-5/18	6:00pm-8:00pm	Tu	\$50
4321.202	12yrs to Adult	5/11-6/01	10:30am-12:30pm	Tu	\$50
4321.203	12yrs to Adult	5/25-6/15	6:00pm-8:00pm	Tu	\$50

### COURSE II

4321.204	12yrs to Adult	4/7-4/28	6:00pm-8:00pm	Tu	\$50
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### COURSE III

4321.205	12yrs to Adult	4/29-5/20	6:00pm-8:00pm	Tu	\$50
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### COURSE IV

4321.206	12yrs to Adult	5/05-5/26	6:00pm-8:00pm	Tu	\$50
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## DANCE: ADULT BALLET

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class free. No class May 31.

16601 Gothard St. #A, HB

Huntington Academy Of Dance

4327.201	13yrs to Adult	3/31-6/23	7:30pm-8:30pm	W	\$125
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City Gym Room A

Huntington Academy Of Dance

4326.201	13yrs to Adult	3/29-6/21	6:30pm-7:30pm	M	\$115
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## DANCE: ART OF INDIAN DANCING

Bhangra, Bollywood, and Beyond. Have loads of fun as you learn to dance like the stars of Bollywood movies! Each class covers the basics of different styles of Indian dancing including bhangra, Bollywood, garba, dandia and semiclassical dance forms. Sessions get more exciting as you learn specially choreographed dance numbers.

City Gym Room A

Idnani, Sunita

4332.201	12yrs to Adult	4/01-5/13	7:15pm-8:15pm	Th	\$92
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## DANCE: BALLROOM & SWING COMBO

These dances are their variations are danced to classic and contemporary music played at nightclubs, parties, weddings, and cruises. Great for all kinds of gatherings and nightclubs. No partner required. No class May 31.

Hall A Edison Community Center

Fox, Kaylaa

### Session 1: Nightclub 2 Step, Session 2: Foxtrot

4328.200	Adult	4/12-5/03	7:00pm-8:00pm	M	\$50
4328.201	Adult	5/10-6/07	7:00pm-8:00pm	M	\$50

## DANCE: BEGINNING JAZZ DANCE FOR ADULTS

Learn basic jazz dance movement in a fun, relaxed environment. A routine will be taught that makes the class fun and exciting.

Rogers Senior Center Hall D

Roseth, Renee

4331.201	Adult	3/30-6/08	7:00pm-8:00pm	Tu	\$125
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## DANCE: BELLY DANCING

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Murdy Community Center Hall C&D

Eckart, Maruja

4329.200	13yrs to Adult	3/29-5/03	7:00pm-8:00pm	M	\$60
4329.201	13yrs to Adult	3/29-5/03	8:00pm-9:00pm	M	\$60

City Gym Room A

Eckart, Maruja

4330.201	13yrs to Adult	3/30-5/04	7:00pm-8:00pm	Tu	\$60
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## DANCE: POLYNESIAN DANCE BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly-Pre-registration is required.

Art Center Multipurpose

Seanoa, Melody

4333.201	13yrs to Adult	4/13-6/01	6:00pm-7:00pm	Tu	\$75
4333.203	13yrs to Adult	4/13-6/01	10:00am-11:00am	Tu	\$75

## DANCE: POLYNESIAN DANCE INTERMEDIATE

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Art Center Multipurpose

Seanoa, Melody

4334.201	13yrs to Adult	4/13-6/01	7:00pm-8:00pm	Tu	\$75
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## DANCE: SALSA AND LATIN COMBO

Salsa, and Merengue, the hot and spicy dances, let you move to the Latin rhythms in today's club and party scene. Meet people, socialize and learn great patterns and moves. No partner necessary.

Murdy Community Center Hall A

Fox, Kaylaa

4335.200	Adult	4/15-5/06	7:00pm-8:00pm	Th	\$50
4335.201	Adult	5/13-6/03	7:00pm-8:00pm	Th	\$50

## DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary.

Murdy Community Center Hall A

Fox, Kaylaa

4337.200	Adult	4/15-5/06	8:00pm-9:00pm	Th	\$50
4337.201	Adult	5/13-6/03	8:00pm-9:00pm	Th	\$50

## DANCE: STREET DANCIN'

Work your body while having fun in this high energy dance workout! Hottest pop and hip-hop beats blast through D.J sound system. Colored lights create atmosphere when dark enough. (Tennis or jazz shoes, clothes you can move and stretch in).

City Gym Room A

Harrington-Dewe, Cyndi

4338.201	12yrs to Adult	4/07-5/19	6:45pm-7:45pm	W	\$60
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## DANCE: STREET DANCIN' PLUS

For developmentally delayed teens/ young adults, this variation of "Street Dancin'" includes variety of dance styles/ music, also incorporated: self-esteem boosting exercises, musical games, karaoke singing fun, sign language to music. Each session varies depending on interest/ circumstance. Parents of new students, please stay and observe 1st day to determine if your supervision is required.

City Gym Room A

Harrington-Dewe, Cyndi

4427.201	12yrs to Adult	4/07-5/19	5:00pm-6:00pm	W	\$60
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## DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing: rhythms that will challenge you and make you shine on the dance floor. Never the same class twice, and no partner necessary.

Murdy Community Center Hall C&D

Fox, Kaylaa

4341.200	Adult	4/15-5/13	7:15pm-8:15pm	Th	\$50
4341.201	Adult	5/20-6/17	7:15pm-8:15pm	Th	\$50

**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**



# Adult-Teen Classes

## DANCE: SWING BASICS

The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends! Never the same class twice. No partner necessary. See why this joint is jumping!

Murdy Community Center Hall C&D		Fox, Kaylaa	
4339.201	Adult	4/15-5/13	8:15pm-9:15pm Th \$50
4339.202	Adult	5/20-6/17	8:15pm-9:15pm Th \$50

## DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary.

Murdy Community Center Hall C&D		Fox, Kaylaa	
4340.200	Adult	4/15-5/13	6:15pm-7:15pm Th \$50
4340.201	Adult	5/20-6/17	6:15pm-7:15pm Th \$50

## DANCE: TAP DANCE FOR ADULTS & SENIORS – BEGINNING

Learn all the tap basics and get some exercise the fun way! New friends, great music and a beginner routine will make this class fun. Tap shoes optional. Some tap knowledge required.

Rogers Senior Center Hall D		Roseth, Renee	
4342.201	Adult	3/29-6/07	6:00pm-7:00pm M \$125
4342.202	Adult	3/31-6/09	2:00pm-3:00pm W \$125
4342.203	Adult	4/01-6/10	6:00pm-7:00pm Th \$125

## DANCE: TAP DANCE FOR ADULTS & SENIORS – INTERMEDIATE

Sharpen your technique and learn some great dances! Focus will be on rhythm and performance skills. Prerequisite: Basic tap knowledge.

Rogers Senior Center Hall D		Roseth, Renee	
4343.201	Adult	3/30-6/08	6:00pm-7:00pm Tu \$125
4343.202	Adult	3/31-6/09	3:00pm-4:00pm W \$125

## DANCE: WEST COAST SWING

West Coast Swing Dance is the California State Dance with basics and variation. Great for all kinds of gatherings and nightclubs. No partner required. No class May 31.

Hall A Edison Community Center Fox, Kaylaa

Session 1: West Coast Swing (pattern A)

Session 2: West Coast Swing (pattern B)

4434.200	Adult	4/12-5/03	8:00pm-9:00pm M \$50
4434.201	Adult	5/10-6/07	8:00pm-9:00pm M \$50

## DOG OBEDIENCE: IN HOME

A private, one-on-one training course in the privacy of your home. A trainer with Hacienda Hills Obedience Club will be scheduled to meet with you once a week for three weeks at a time convenient to your busy schedule. Includes basic obedience commands and personalized help with correcting bad habits. This class is for dogs 2 months to 7 years old.

To be announced		Dog Services	
4348.201	2mths to Adult	3/29-3/30	\$235

## DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

Is YOUR dog a good citizen when he's out in public? If he knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call (714) 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Patio Edison Community Center		Dog Services, Patti Thurner	
4344.200	9yrs to Adult	5/11-5/18	8:30pm-9:30pm Tu \$25

## DOG TRAINING: BEGINNING DOG OBEDIENCE

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Murdy Community Center Patio		Dog Services	
4345.200	9yrs to Adult	4/22-6/10	7:00pm-8:00pm Th \$82

Game Room Edison Community Center		Dog Services	
4346.200	9yrs to Adult	4/06-5/25	7:30pm-8:30pm Tu \$82
4346.201	9yrs to Adult	4/14-6/02	6:00pm-7:00pm W \$82

## DOG TRAINING: BEGINNING FLYBALL

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. Class will be held in Central Park next to Dog Park at Edwards.

Central Park East		Haney, Kathy	
4421.201	All ages	4/10-5/29	9:00am-10:00am Sa \$83

## DOG TRAINING: CALLING ALL FRISBEE DOGS

Have you ever watched the Dog Frisbee Competitions and thought it might be a fun activity for you and your best friend? Here's your chance to spend an afternoon learning the basics of Canine Frisbee from a top competitor, David Procida. Some previous on-leash obedience work is highly recommended. Please bring dog with current vaccination records, water, a lawn chair. Material fee of \$5 due at first class (includes a Frisbee). Pre-registration is required.

Dog Park		Dog Services	
4347.201	15yrs to Adult	4/18	9:00am-12:00pm Su \$42

## DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings. No class May 31.

Murdy Community Center Patio		Dog Services	
4352.200	9yrs to Adult	5/10-6/07	6:00pm-7:20pm M \$74

## DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held with out dogs.

Game Room Edison Community Center		Dog Services	
4349.200	9yrs to Adult	4/06-5/11	6:30pm-7:30pm Tu \$71

Murdy Community Center Patio		Dog Services	
4350.200	9yrs to Adult	4/22-5/27	8:00pm-9:00pm Th \$71

## DOG TRAINING: REFRESHER AND DRILL WORKSHOP

If your dog has been through a basic obedience course and needs a refresher class, this course offers five weeks of intensive practice and drill on all your novice obedience exercises! A good practice course for anyone preparing to take the "AKC. Good Citizen certification test. Bring dog with training equipment to all meetings.

Murdy Community Center Patio		Dog Services	
4351.200	9yrs to Adult	5/06-6/03	6:00pm-7:00pm Th \$66

# Adult-Teen Classes

## EBAY BASICS

Learn secrets of selling on E-bay from a trained specialist. You'll learn the basics: opening an E-Bay sales account, deciding what to sell first, little-known tips on establishing your first auction, stealth secrets for creating eyeball-grabbing listing. Handouts will be given, CPU points available. Instruction will be presented using Power-point.

Murdy Community Center Game Room Krueger, David M.  
4353.200 13yrs to Adult 4/13-4/27 7:00pm-9:00pm Tu \$69

## FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$75 up to 3 family members, \$4 per extra for Tuesday or Thursday class. \$95 fee up to 3 family members, \$5 per extra for Tuesday AND Thursday class.

Rogers Senior Center Hall B Cardinal, Frances  
4386.201 3yrs to Adult 3/30-6/08 5:00pm-6:00pm Tu \$75  
4386.202 3yrs to Adult 4/01-6/10 5:00pm-6:00pm Th \$75  
4386.203 3yrs to Adult 3/30-6/10 5:00pm-6:00pm Tu Th \$95

## FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. \*Protective mask, jacket and foil will be provided for \$10, payable at first class.

Murdy Community Center Hall A Orange Coast, Fencing  
4354.200 14yrs to Adult 4/14-5/05 7:15pm-8:15pm W \$45  
4354.201 14yrs to Adult 5/19-6/09 7:15pm-8:15pm W \$45

## FENCING: INTERMEDIATE

Take your skills to the next level! This class introduces more attacks, defenses and improves your footwork.

Murdy Community Center Hall A Orange Coast, Fencing  
4355.200 14yrs to Adult 4/14-5/05 8:15pm-9:15pm W \$45  
4355.201 14yrs to Adult 5/19-6/09 8:15pm-9:15pm W \$45

## FITNESS: AEROBIC DANCE FOR SENIORS – ZUMBA GOLD

It's different, fun and effective! Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout -- join the party! One day drop-in fee for any class - \$8.

Rogers Senior Center Hall A & B Foreman, Jill  
4373.201 Adult 4/03-5/01 9:00am-9:50am Sa \$30  
4373.202 Adult 5/08-6/05 9:00am-9:50am Sa \$30  
4373.203 Adult 4/03-6/05 9:00am-9:50am Sa \$55

## FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Hall C&D Edison Community Center Specialties, Fitness  
4357.200 13yrs to Adult 4/01-6/03 6:15pm-7:15pm Th \$65

## FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Hall A Edison Community Center Specialties, Fitness  
4358.200 13yrs to Adult 3/30-6/01 5:45pm-6:45pm Tu \$65

## FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for the beginner-to-intermediate level exercisers. Bring good running shoes, a mat, light hand weights, and water.

Murdy Community Center Picnic #1 Body Business  
4416.200 18yrs to 60yrs 3/29-4/30 5:30am-6:30am M W F \$149  
4416.201 18yrs to 60yrs 5/10-6/11 5:30am-6:30am M W F \$149  
4416.202 18yrs to 60yrs 3/29-4/30 5:30am-6:30am M-F \$189  
4416.203 18yrs to 60yrs 5/10-6/11 5:30am-6:30am M-F \$189

Picnic #1 Edison Community Center Body Business  
4419.200 18yrs to 60yrs 3/29-4/30 5:30am-6:30am M W F \$149  
4419.201 18yrs to 60yrs 5/10-6/11 5:30am-6:30am M W F \$149  
4419.202 18yrs to 60yrs 3/29-4/30 5:30am-6:30am M-F \$189  
4419.203 18yrs to 60yrs 5/10-6/11 5:30am-6:30am M-F \$189

## FITNESS: CARDIO BOOT CAMP BLAST

Cardio Boot Camp Blast is a one day, indoor version of our high-energy circuit training class. Burn calories, increase lean muscle mass, improve overall fitness and lose body fat. Cardio Boot Camp is designed for the beginner-to-intermediate level exercisers. Bring running shoes, a mat, light hand weights and water.

City Gym Gymnasium Body Business  
4432.201 18yrs to 60yrs 4/01-4/29 8:00am-9:00am Th \$55  
4432.202 18yrs to 60yrs 5/13-6/10 8:00am-9:00am Th \$55

## FITNESS: CORE STRENGTH TRAINING

Core Strength Training is an indoor group class that combines a full body workout with a focus on your core. Stability balls are used to tighten your core and improve balance and weighted medicine balls help to improve resistance and muscular strength. A mat, stability ball and water are required. No class May 31.

City Gym Room B Body Business  
4431.201 18yrs to 60yrs 3/29-4/26 9:00am-10:00am M \$59  
4431.202 18yrs to 60yrs 5/03-6/07 9:00am-10:00am M \$59

Murdy Community Center Hall B Body Business  
4425.200 18yrs to 60yrs 3/31-4/28 7:30pm-8:30pm W \$59  
4425.201 18yrs to 60yrs 5/12-6/9 7:30pm-8:30pm W \$59

## FITNESS: FIRING FOR HIPS AND THIGHS

Target your hips and thighs with the latest equipment and techniques, different sizes of hand weights and resistance bands. Exercises are safe and emphasize injury prevention working all muscle groups for a total body workout. Bring mat. \*Take Firing Hips and Step together and save.

Murdy Community Center Hall A Specialties, Fitness  
4363.200 13yrs to Adult 3/29-6/04 8:30am-9:15am M W F \$96  
\*4424.200 13yrs to Adult 3/29-6/04 8:30am-10:00am M W F \$119

## FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTh 6:00-7:05pm; Sa 7:45-8:45am; walk-ins welcome, \$10. Registration is accepted in person at any time. Eight-week expiration for 10 classes and 4 classes.

City Gym Gymnasium Wilker, Mary  
4364.201 13yrs to Adult Monthly Pass \$40  
4364.202 13yrs to Adult 10 Classes \$55  
4364.203 13yrs to Adult 4 Classes \$25

# Adult-Teen Classes

## FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Murdy Community Center Hall A Fitness Specialties  
4360.200 13yrs to Adult 3/30-6/01 7:15pm-8:15pm Tu \$65

Hall A Edison Community Center Fitness Specialties  
4361.200 13yrs to Adult 3/31-6/02 7:15pm-8:15pm W \$65

## FITNESS: KICKBOXING AEROBICS – BEGINNING

For the Beginner. This introductory class, taught by a black belt instructor, concentrates on correct form, proper movement and safety issues to help prevent injuries. It is perfect for someone interested in a new form of exercise. Punching bags and hand mitts provided.

Hall A Edison Community Center Specialties, Fitness  
4362.200 13yrs to Adult 3/30-6/01 7:00pm-7:45pm Tu \$65

## FITNESS: KICKBOXING BODY CONDITIONING

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Hall C&D Edison Community Center Specialties, Fitness  
4359.200 13yrs to Adult 4/01-6/03 7:15pm-8:00pm Th \$65

## MUSIC: ROCKSTAR

See receipt for materials list. No class April 10, May 29.

18582 Beach Bl #214 Rockstars Music Studios

**GUITAR ADULT** Beginners only. Bring your own guitar.

4387.202 13yrs to Adult 5/08-6/05 9:30am-10:00am Sa \$55

4387.201 13yrs to Adult 4/03-5/01 9:30am-10:00am Sa \$55

**PRIVATE LESSONS** Guitar, Piano, or Drums.

4388.201 13yrs to Adult TBA TBA TBA \$130

## FITNESS: PILATES MAT CLASS

Tone and strengthen your abs, back, thighs and arms. This is a rejuvenating class that will combat those trouble zones. Pilates will also improve flexibility, posture, coordination and body awareness. We incorporate exercise balls and therabands. Great for all levels and abilities. Bring an exercise mat. No class May 31

Hall B Edison Community Center HB Pilates, Bronwen Finta

4365.200 Adult 3/30-4/27 9:00am-10:00am Tu \$60

4365.201 Adult 3/29-4/26 6:30pm-7:30pm M \$60

4365.202 Adult 5/03-6/07 6:30pm-7:30pm M \$60

4365.203 Adult 5/04-6/01 9:00am-10:00am Tu \$60

City Gym Room B HB Pilates, Bronwen Finta

4366.201 Adult 3/31-4/28 9:00am-10:00am W \$60

4366.202 Adult 5/05-6/02 9:00am-10:00am W \$60

4366.203 Adult 4/11-4/29 6:00pm-7:00pm Th \$60

4366.204 Adult 5/6-6/3 6:00pm-7:00pm Th \$60

## FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Hall A Edison Community Center Spidle, Georgia  
4367.200 13yrs to Adult 3/29-6/11 9:00am-10:00am M W F \$75

Murdy Community Center Hall A Spidle, Georgia  
4368.200 13yrs to Adult 3/30-6/10 9:00am-10:00am Tu Th \$70

No class May 31

## FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Hall A Edison Community Center Specialties, Fitness  
4369.200 13yrs to Adult 3/30-6/03 8:45am-9:45am Tu Th \$79

## FITNESS: STEP TRAINING-STEP, WEIGHTS, FLOOR & MORE

It's sweeping the country! Research proves step aerobics are high calorie burning and less stress on ankles and joints than low-impact aerobics. Steps range from 4-10 inches accommodating beginner through advanced. Fun and motivating followed with light weights for total workout.

Hall A Edison Community Center Specialties, Fitness  
4371.200 13yrs to Adult 3/29-6/04 5:15pm-6:15pm M W F \$102  
4371.201 13yrs to Adult 4/03-5/22 8:30am-9:30am Sa \$42

## FITNESS: STEPPING FOR THE HEART

This class raises your heart rate by stepping up and down 4 - 10 inch steps. It is easy to follow safe exercises, and effectively burns fat while strengthening your heart. Different size steps are provided for beginners through advanced levels. \*Take both Step and Firming Hips classes together and save!

Murdy Community Center Hall A Specialties, Fitness  
4370.200 13yrs to Adult 3/29-6/04 9:15am-10:00am M W F \$96  
\*4424.200 13yrs to Adult 3/29-6/04 8:30am-10:00am M W F \$119

## FITNESS: TOTAL BODY STRETCH

Everyone, regardless of age or fitness level, can benefit from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed and can even prevent injuries. Bring an exercise mat and a towel and prepare to stretch, relax, and renew.

Rogers Senior Center Hall A & B Paul, Sue  
4372.201 Adult 3/29-5/24 5:30pm-6:30pm M \$58

## FITNESS: ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music. Utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movement with easy to follow dance steps.

City Gym Room A Jill Foreman  
4433.201 16yrs to 60yrs 3/30-4/27 5:45pm-6:35pm Tu \$45  
4433.202 16yrs to 60yrs 5/04-6/08 5:45pm-6:35pm Tu \$45

## FLY FISHING INTRO

Introductory class covers the basic skills involved in fly-fishing. Sessions cover; fly fishing equipment, fly casting techniques and basic fly tying. Students will be provided information on local fresh and salt water fly-fishing. Instructor provides all necessary equipment. A post-class fishing trip is planned.

Rogers Senior Center Hall D Nelson, Charles  
4374.201 14yrs to Adult 4/26-5/17 6:00pm-8:00pm M \$56

## FREE YOUR MIND

Happier! Healthier! Wiser! Practical! SIMPLE METHOD with tools reducing stress, allowing us to live NOW!! Release thoughts and feelings that cause anxiety, tension, grief, depression, fear, anger, etc. Please be prompt, bring notebook and pen.

Rogers Senior Center Hall C Caldwell, Sunny  
4375.201 Adult 5/07-5/28 6:30pm-8:00pm Th F \$35



# Adult-Teen Classes

## GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St., by P.G.A. professionals. Equipment available. Classes limited to 12 students.

Meadowlark Golf Course		Alliance Golf, Evergreen	
4377.201	17yrs to Adult	3/31-4/21	11:00am-12:30pm W \$126
4377.202	17yrs to Adult	4/01-4/22	6:00pm-7:30pm Th \$126
4377.204	17yrs to Adult	5/13-6/03	6:00pm-7:30pm Th \$126

## HIKING BEAUTIFUL SO CALIFORNIA

Class enables participants to develop hiking skills in southern California's wonderful outdoor terrain. Class progresses from easy to moderate hikes in local natural areas. City transportation included. 4 hikes planned, 3 to 8 miles round trip. This class involves moderate physical activity.

Rogers Senior Center Hall E		Nelson, Charles	
4378.201	Adult	4/23-6/04	8:00am-4:00pm F \$57

## ITALIAN: SPEAK ITALIAN NOW

The purpose of this course is to give you immediate Italian speaking ability. Learning another language is a lot easier and more fun than you might think. Learn an Italian vocabulary that you will find useful in everyday situations so you can begin to talk to Italian speakers. No class May 31.

Rogers Senior Center Hall C		Duca, Elisabetta	
4380.201	Adult	3/29-6/07	9:00am-10:00am M \$120
4380.202	Adult	3/29-6/07	5:00pm-6:00pm M \$120
4380.203	Adult	3/29-6/07	6:00pm-7:00pm M \$120
4380.204	Adult	3/29-6/07	7:00pm-8:00pm M \$120
4380.205	Adult	4/02-6/04	2:00pm-3:30pm F \$160

## KARATE

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class May 31.

City Gym Room B		Tillehkooh, Kiavash	
4381.201	13yrs to Adult	3/29-6/07	7:15pm-8:00pm M \$88
4381.202	13yrs to Adult	3/30-6/08	7:15pm-8:00pm Tu \$96
4381.203	13yrs to Adult	3/31-6/09	7:15pm-8:00pm W \$96
4381.204	13yrs to Adult	4/01-6/10	7:15pm-8:00pm Th \$96

## KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Murdy Community Center Hall B		Betance, Justin	
4441.200	16yrs to Adult	4/01-6/05	7:30pm-8:30pm Th \$140
			8:30am-9:15am Sa

## KARATE: TRADITIONAL JAPANESE KARATE-DO

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor.

Hall A Edison Community Center		Wadoryu USA Inc, Shoji Nishimura	
4383.200	13yrs to Adult	4/01-6/10	7:30pm-8:45pm Th \$105

## KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun!

Murdy Community Center Hall B		Specialties, Fitness	
4382.200	13yrs to Adult	3/30-6/01	6:45pm-7:30pm Tu \$65
4382.201	13yrs to Adult	3/31-6/02	6:00pm-7:00pm W \$65

## MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. One class per week, \$65 fee up to 3 family members, \$4 per extra; two classes per week, \$120 fee up to 3 family members, \$5 per extra; three times per week, \$140 up to 3 family members, \$5 per extra.

Rogers Senior Center Hall B		Cardinal, Frances	
4385.201	Adult	3/30-6/08	6:00pm-7:30pm Tu \$65
4385.202	Adult	4/01-6/10	6:00pm-7:30pm Th \$65
4385.203	Adult	3/30-6/10	6:00pm-7:30pm Tu Th \$120
4385.204	Adult	4/10-6/12	9:30am-11:30am Sa \$65
4385.205	Adult	3/30-6/12	6:00pm-7:30pm Tu Th Sa \$120
4385.206	Adult	3/30-6/12	6:00pm-7:30pm Tu Th Sa \$140

## MUSIC: GROUP VOICE CLASSES

Become the next Huntington Beach's American Idol! Come join the fun as teens and adults learn about breath control, head voice, matching pitch and phrasing. We also introduce music theory in this fun and exciting class. All different types of music will be taught, including Pop, Classical, Broadway and much more. Materials fee of \$25 will be collected at first class. Class taught at Harbor View Clubhouse at Heil and Saybrook.

Harbour View Clubhouse		Kids Music N', Motion	
4389.201	13yrs to 18yrs	3/29-5/17	5:45pm-6:30pm M \$101
4389.202	Adult	3/29-5/17	6:30pm-7:15pm M \$101

## MUSIC: UKULELE 101 - A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class April 6 or May 4..

Rogers Senior Center Hall E		Price, Don	
4390.201	Adult	3/30-5/25	9:30am-10:30am Tu \$45

## MUSIC: UKULELE 102 - THE NEXT STEP

This class is for players who know basic chords and strumming techniques. Students will enhance their playing and musical ability. Learn additional songs and chord patterns, intros and endings. No class April 6 or May 4.

Rogers Senior Center Hall E		Price, Don	
4391.201	Adult	3/30-5/25	10:45am-11:45am Tu \$45

## MUSIC: VIOLIN CLASSES

Join our fun and innovative group violin classes. Learn posture, rhythm, bowing while building a concrete foundation of learning to read music. Basic Music Theory will be taught in these classes for teens and adults to learn to read music along with playing their violins. Violins are required for each student. Class taught at Lake Park Clubhouse, 1035 11th St. Materials fee of \$25 will be collected at first class.

Lake Park Clubhouse		Kids Music N', Motion	
4392.201	Adult	4/01-5/20	6:30pm-7:15pm Th \$126
4392.202	16yrs to Adult	4/01-5/20	5:00pm-5:45pm Th \$126

# Adult-Teen Classes

## PERFORMING ARTS: SOUND STATION PERFORMING GROUP

Do you love to sing and/or dance and perform live on stage? Come, bring your favorite (age appropriate) songs, practice with us, and share your talent performing live in places such as amusement parks, fairs, hotels, malls, retirement homes, etc. For more information, contact the area director through the Murdy Community Center.

Murdy Community Center Hall B Merdjanian, Iskui  
4393.200 13yrs to 16yrs 4/16-6/04 4:20pm-5:20pm F \$99

## QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential.

Murdy Community Center Hall C&D Walker, Don  
4394.200 16yrs to Adult 3/31-5/12 6:00pm-7:30pm W \$49

## SKATING: ICE HOCKEY SKATING SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. Class is taught at Westminster ICE, 13071 Springdale, Westminster. No class May 29 and June 2.

Westminster ICE Ice, Westminster  
4437.201 6yrs to 16yrs 4/14-5/05 5:30pm-6:00pm W \$35  
4437.202 6yrs to 16yrs 4/17-5/08 10:45am-11:15am Sa \$35  
4437.203 6yrs to 16yrs 5/12-6/09 5:30pm-6:00pm W \$35  
4437.204 6yrs to 16yrs 5/15-6/12 10:35am-11:15am Sa \$35

## SKATING: ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. Class is taught at Westminster ICE, 13071 Springdale, Westminster. No class June 2.

Westminster ICE Ice, Westminster  
4436.201 17yrs to Adult 4/14-5/05 6:45pm-7:15pm W \$35  
4436.202 17yrs to Adult 5/12-6/09 6:45pm-7:15pm W \$35

## SKATING: OC ROLLERS

This beginning roller skating class is a fun way to be physically fit while having fun. Instructed by a Roller Derby girl, you will learn to skate forward, start, stop, skating on one foot and backwards skating. \*Required: quad skates (No inlines or blades), helmet, knee pads, elbow pads & wrist guards.

Patio Edison Community Center Mia Roller  
4397.200 Adult 4/01-4/29 5:30pm-6:30pm Th \$55  
4397.201 Adult 5/13-6/10 5:30pm-6:30pm Th \$55

## SKATING: OC STROLLER ROLLER

Do you and your baby enjoy the outdoors? Learn a combination of Roller Skating techniques and various skating exercises. This class is designed for all levels of Roller skaters. \*Required-Quad skates (no inlines or blades), helmet, knee pads, elbow pads and wrist guards. No class May 31

Patio Edison Community Center Parra, Elena  
4398.200 Adult 3/29-4/26 9:00am-10:00am M \$55  
4398.201 Adult 5/03-6/07 9:00am-10:00am M \$55

## SPANISH FOR FUN & FOR LIFE – BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives a CD, song book and color visuals for mastery of the current vocabulary.

Rogers Senior Center Hall E Blades, Murnez  
4399.201 Adult 4/08-5/27 3:00pm-4:00pm Th \$92

## SPANISH FOR FUN & FOREVER – INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent.

Rogers Senior Center Hall E Blades, Murnez  
4400.201 Adult 4/08-5/27 4:15pm-5:15pm Th \$92

## SPANISH FOR FUN & FOREVER – MEDICAL EXTENSION

Prescriptions for clear, concise communication without cumbersome verb conjugation, this system will enable medical personnel to diagnose and give direction to a Spanish speaking population effectively and courteously. Emergency questions for disaster situations include symptoms, allergies, medications, the past (history), last consumptions and events. Includes book & CD.

Rogers Senior Center Hall E Blades, Murnez  
4401.201 Adult 5/15-5/22 9:00am-12:00pm Sa \$75

## SURFING LESSONS

Learn the basic techniques of surfing and begin to enjoy one of the city's best resources. This beginning surf class stresses beach safety and fun while you learn the basics of paddling, catching and riding waves. Students must be able to swim and be at least 10 years of age. Class meets at Beach Service Center, South side of Pier. For more information go to [hbsurfschool@yahoo.com](mailto:hbsurfschool@yahoo.com)

City Beach Pier Sharp, Bill  
4403.201 10yrs to Adult 4/10-5/01 9:00am-10:30am Su Sa \$180  
4403.202 10yrs to Adult 5/08-5/23 9:00am-10:30am Su Sa \$180  
4403.203 10yrs to Adult 6/12-6/27 9:00am-10:30am Su Sa \$180

## SURFING LESSONS ABC

If you have never surfed before here is the class for you!! Open to ages 10 through adult. Our Basic ABC lesson provides you with the knowledge and skills you need to be up and riding by the end of the 1-1/2 hour lesson. Lessons are run by professional instructors. Equipment provided. Class meets at Beach Service Center, South side of Pier. For more information please contact [hbsurfschool@yahoo.com](mailto:hbsurfschool@yahoo.com).

City Beach Pier Sharp, Bill  
4402.201 10yrs to Adult 4/03 9:00am-10:30am Sa \$75  
4402.202 10yrs to Adult 4/04 9:00am-10:30am Su \$75  
4402.203 10yrs to Adult 4/17 9:00am-10:30am Su Sa \$75  
4402.204 10yrs to Adult 4/18 9:00am-10:30am Su \$75  
4402.205 10yrs to Adult 5/15 9:00am-10:30am Su Sa \$75  
4402.206 10yrs to Adult 5/16 9:00am-10:00am Su \$75  
4402.207 10yrs to Adult 5/29 9:00am-10:30am Su Sa \$75  
4402.208 10yrs to Adult 5/30 9:00am-10:00am Su \$75  
4402.209 10yrs to Adult 6/19 9:00am-10:00am Su Sa \$75  
4402.210 10yrs to Adult 6/20 9:00am-10:00am Su \$75



## Adult-Teen Classes

### TAI CHI CHUAN FOR BEGINNERS & INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes.

Rogers Senior Center Hall B Howe, Shona  
4407.201 50yrs + 4/08-5/27 9:00am-10:30am Th \$48

### TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Hall B Edison Community Center Walker, Don  
4404.200 16yrs to Adult 3/29-5/10 1:00pm-2:15pm M \$49

Murdy Community Center Hall B Walker, Don  
4405.200 16yrs to Adult 3/29-5/10 6:00pm-7:15pm M \$49

### TAI CHI FOR HEALTH LEVEL II

For the sincere student seeking a greater focus on the application of the form and flowing energy principles learned during the introductory class. More skillful movements will be explored. You'll be taught to connect the movements and develop a beautiful moving meditation.

Murdy Community Center Hall B Walker, Don  
4406.200 16yrs to Adult 3/29-5/10 7:30pm-8:45pm M \$49

### TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster with less effort and no injury while gathering vital life force. Class meets at Lake Park Clubhouse. (11th and Lake Streets)

Lake Park Clubhouse Walker, Don  
4435.201 Adult 4/15-5/13 1:00pm-2:15pm Th \$46

### WOMEN'S VOLLEYBALL

Tuesday mornings are for league play; on Thursdays, learn to bump, set, and spike while playing in a real game atmosphere.

City Gym Gymnasium Kalama, Eleanor  
4409.201 Adult 3/30-6/08 9:30am-12:30pm Tu \$50  
4409.202 Adult 4/01-6/10 9:30am-12:30pm Th \$50

### YOGA FOR TEENS

A class designed for your specific age, explore the movement of the body while experiencing how good posture and proper breathing are a part of your everyday activities. Enhancing concentration in studies, flexibility, balance and strength in after school activities while having fun. Just bring a mat. No class May 31.

City Gym Room B HelpYourHealth, RoxAnn Madera  
5256.201 12yrs to 15yrs 3/29-6/07 3:30pm-4:15pm M \$81

### YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No class Monday May 31.

City Gym Room B Carmichael, Yvonne  
4410.201 Adult 4/12-6/07 10:30am-12:00pm M \$67

### YOGA: EDISON COMMUNITY CENTER

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500.

Hall C&D Edison Community Center Pavesic, Diane  
4411.200 Adult 4/07-5/26 4:30pm-5:30pm W \$58  
4411.201 Adult 4/07-5/26 5:45pm-6:45pm W \$58  
4411.203 Adult 4/07-5/26 8:15pm-9:15pm W \$58

### YOGA: EDISON COMMUNITY CENTER – INTERMEDIATE

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500.

Hall C&D Edison Community Center Pavesic, Diane  
4426.200 Adult 4/07-5/26 7:00pm-8:00pm W \$58

### YOGA: HAPPY HIPS/STRONG BACK

This class is sequenced to gently loosen the hips and strengthen the back, encouraging a more flexible body leading toward optimal health. Please do not eat two hours prior to class and bring a large mat and towel. If there are existing medical conditions, please check with your doctor before proceeding.

Murdy Community Center Hall A King, Jacki  
4440.200 Adult 4/12-5/10 4:45pm-5:45pm M \$50

### YOGA: HEALTHY, HAPPY BACK

Eighty percent of Americans either will or have experienced back problems. Learn to create balance with proper breathing techniques, body alignment/posture and restore flexibility in this class, designed to strengthen the core/back muscles. If undergoing treatment please consult your doctor before joining. Bring a mat and blanket.

City Gym Room B HelpYourHealth, RoxAnn Madera  
4420.201 Adult 3/31-6/09 8:00am-9:00am W \$114

## Parks & Recreation Programs

Improve concentration...



...the benefits are endless

## Adult-Teen Classes

### YOGA: IN THE PARK

Come join us for a beautiful outdoor yoga class in the park. All levels welcome. Class will be in Huntington Central Park on the same side as the Library. Please bring a yoga mat or towel. Asanas begin promptly at 10am.

Central Park East Stevenson, Sarah  
4430.201 Adult 3/29-6/11 10:30am-11:30am M F \$156

### YOGA: MOMMY AND ME

Together – in your arms, on your tummy, resting or sleeping peacefully at your side. Unite mind and body through breath with poses to bring strength, flexibility and calm, helping you get back in shape and maintain your body. No previous yoga experience necessary. Please bring a mat, two blankets, additional props will be supplied.

City Gym Room B HelpYourHealth, RoxAnn Madera  
4428.201 Adult 3/31-6/09 2:15pm-3:15pm W \$114

### YOGA: MURDY COMMUNITY CENTER

Beneficial for both beginning and intermediate students. Yoga promotes a more flexible and stronger body, a deeper breath and a calmer mind with continued practice. Avoid eating two hours prior to class. Bring a mat and towel. Instructor is a certified yoga teacher and registered with Yoga Alliance. No class May 31.

Murdy Community Center Hall A King, Jacki  
4417.200 16yrs to Adult 4/05-6/07 6:00pm-7:00pm M \$65  
4417.201 16yrs to Adult 4/05-6/07 7:15pm-8:15pm M \$65  
4417.202 16yrs to Adult 4/06-6/08 5:30pm-6:45pm Tu \$73  
4417.203 16yrs to Adult 4/07-6/09 4:00pm-5:00pm W \$73

Murdy Community Center Game Room Carmichael, Yvonne  
4418.200 16yrs to Adult 3/31-5/19 10:30am-12:00pm W \$83  
4418.201 16yrs to Adult 4/02-6/04 10:30am-12:00pm F \$83

### YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH, next to Lifeguard Headquarters. Please bring a yoga mat or towel. Asanas begin promptly at 9:00 AM.

Beach at Seapoint Stevenson, Sarah  
4414.201 Adult 4/03-6/12 9:00am-10:00am Sa \$81

### YOGA: PRENATAL

Pregnancy involves physiological and psychological changes. Apart from modifying your shape and weight, it also alters chemistry. Learn to relax your whole body, relieve back pain, nausea, sleeping issues, provide focus and breathing technique. Please bring a mat, three blankets and something to cover the eyes, Chairs, blocks and straps supplied.

City Gym Room B HelpYourHealth, RoxAnn Madera  
4429.201 Adult 3/31-6/09 1:00pm-2:00pm W \$114

### YOGA: RODGERS SENIOR CENTER

Yoga is a practice of uniting the mind and body, which can promote therapeutic and preventative health benefits. Increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500

Rogers Senior Center Hall E Pavesic, Diane  
4413.201 Adult 4/08-5/27 10:00am-11:00am Th \$58  
4413.202 Adult 4/08-5/27 11:00am-12:00pm Th \$58

## Older Adults

### COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$15 is due at the first class.

Rogers Senior Center Computer Lab Staff, Recreation  
4800.201 50yrs + 4/06-4/27 9:00am-11:30am Tu \$5  
4800.202 50yrs + 5/04-5/25 9:00am-11:30am Tu \$5  
4800.203 50yrs + 6/01-6/22 9:00am-11:30am Tu \$5

### COMPUTERS: EXCEL - BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$15 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Rogers Senior Center Computer Lab Staff, Recreation  
4803.201 50yrs + 4/12-5/03 9:00am-12:00pm M \$5  
4803.202 50yrs + 6/14-07/19 9:00am-12:00pm M \$5

### COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is request at the class. Prerequisite: Windows Skills course and internet experience.

Rogers Senior Center Computer Lab Staff, Recreation  
4809.201 All ages 4/10 9:00am-12:00pm Sa \$5  
4809.202 All ages 5/08 9:00am-12:00pm Sa \$5  
4809.203 All ages 6/12 9:00am-12:00pm Sa \$5  
4809.204 All ages 07/10 9:00am-12:00pm Sa \$5

### COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other free tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more. A suggested donation of \$5 is due at the first class.

Rogers Senior Center Computer Lab Staff, Recreation  
4805.201 50yrs + 4/30-5/07 9:00am-12:00pm F \$5  
4805.202 50yrs + 6/25-07/02 9:00am-12:00pm F \$5

### COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$15 is due at the first class. Prerequisite: Windows Skills course. No class May 31

Rogers Senior Center Computer Lab Staff, Recreation  
4804.201 50yrs + 5/10-6/07 9:00am-12:00pm M \$5

### COMPUTERS: MICROSOFT WINDOWS SKILLS

Learn detailed instruction on the Windows Operating System. The "Hands-On" coaching will introduce you to the many features of this powerful program. This class will allow you to maximize the usefulness of your computer. A suggested donation of \$15 is due at the first class.

Rogers Senior Center Computer Lab Staff, Recreation  
4801.201 50yrs + 4/01-4/22 9:00am-12:00pm Th \$5  
4801.202 50yrs + 5/06-5/27 9:00am-12:00pm Th \$5  
4801.203 50yrs + 6/03-6/24 9:00am-12:00pm F \$5